
❖ The Strawberry Vine ❖

Alice E. Souza, Executive Director

November, 2003

Tel. 508-823-0095

SERVING ALL DIGHTON CITIZENS OVER 60 YEARS OF AGE

The purpose of the Council on Aging is to help and serve it's seniors. There is no membership. Everyone is invited to participate in all activities at the senior center. Come by and enjoy.

**HAPPY THANKSGIVING
FROM THE
DIGHTON COUNCIL ON AGING
AND PRIME TIME**

FLU CLINIC

The Annual Flu Clinic will be held on Wednesday, November 19, 2003 from 3:00 p.m. to 5:00 p.m. in the lower level of the Dighton Town Hall. This service is for Dighton residents 60 years of age and over and those with chronic health conditions. Walk-in's are welcome and a donation jar will be available.

DIABETICS AND THE FLU

For people with diabetes, the flu can be more than aches and pains. It can mean longer illness, hospitalization, even death. Because diabetes can make the immune system more vulnerable to severe cases of the flu. In fact, people with diabetes are almost three times more likely to die with influenza or pneumonia. So please talk to your doctor first and see if the vaccine is right for you.

DIGHTON SENIORS

Do you know of anyone who may be in need of food assistance during the Holiday Season or anytime. Please call 508-823-0095, we may be able to help.

FUEL ASSISTANCE

If you received fuel assistance last winter you should have received renewal papers in the mail. Please double check all information, make any necessary changes, sign the form and return it to Citizens for Citizens, 80-86 Main Street Taunton, MA 02780. If you did not receive fuel assistance last year or have never applied, appointments will begin in November at Citizens for Citizens.

PODIATRIST AT PRIME TIME

Podiatrist, Dr. Markowitz, will be at Prime Time on Friday, November 21, 2003. Please call 508-669-6272 for an appointment. House calls may also be arranged.

YOUR SERVICES ARE NEEDED

The Council on Aging is continually getting calls from elders in our community looking for a list of companies or people they might hire to plow or shovel for them. If you think you might be able to squeeze in a few extra jobs clearing snow, we'd like to place your name and number on a list which would be passed along to those who need you. Also, if you know of a young person who might like to help out in these areas, we'd appreciate that call too. Please call Alice at 508-823-0095.

SOMETHING TO PONDER

**Don't cry because it's over ———
Smile because it happened.**

SOJOURN BEAR PROJECT

A Sojourn Bear is an original, handmade teddy bear made by caring volunteers to be distributed to cancer patients everywhere to provide comfort at a very difficult time. If you'd like to be a part of this worthwhile project, the next scheduled meeting will be on Monday, November 17th from 10:00 a.m. to 12:00 noon in the Lincoln Village Community Center. We need people to help sew, cut, and stuff these adorable teddy bears. We'll gladly accept donations to help purchase these materials. Want to help? Please call 508-823-0095 and let us know if you plan on joining us.

BLOOD PRESSURE SCREENING

The next blood pressure screening will be held on Tuesday, November 18, 2003 at Lincoln Village. Please call 508-823-0095 for an appointment. The next blood sugar screening will be held in December.

"WELLNESS CLINIC"

Our next wellness clinic will be held on Tuesday, November 18th during our blood pressure screening. The scheduled topic will be "Simple Measures for Successful Aging". If you have any questions about this topic or any other, feel free to drop by.

LET'S GET PHYSICAL

Exercise Classes are held every Monday and Wednesday morning at 9:00 a.m. in the Lincoln Village Community Center. These classes are well attended by both, men and women. So come on out and join us. Classes just \$2.00.

NOTARY SERVICES

The Council on Aging provides free notary service for anyone in the town that needs it. Call Alice at 508-823-0095 for an appointment.

TAI CHI

Tai Chi classes are held every Friday at 9:00 a.m. in the Lincoln Village Community Center. Did you know that Tai Chi is a fun way to help you maintain or regain your balance and posture? Why not think about adding Tai Chi to your regular weekly exercise program? Classes only \$3.

LINE DANCING CLASSES

Line Dancing classes are held Thursday mornings at 10:00 a.m. in the Lincoln Village Community Center. Come on out and give it a try. It's not only fun, it's great exercise too! Lessons only \$2.00.

BUSY BEES CANCELLED

The Council on Aging was offering a "Busy Bee" time at Lincoln Village for people to get together to sew, quilt, crochet or work on an unfinished project. Unfortunately, due to lack of interest we will not be holding these classes.

MASSAGE THERAPY

A chair massage is a 15 minute Japanese Acupressure massage of the head, neck, shoulders, back, arms, and hands. The recipient is fully clothed and sits comfortably in a specialized therapeutic chair. The massage reduces muscle tension and calms the nervous system. Licensed Massage Therapist, Karen Tripp will be on hand from 9:00 a.m. to 10:00 a.m. at the November 18th wellness clinic. If you would like to try a "chair massage", mini sessions will be offered for \$5.00 on a first come, first served basis.

IRISH PROVERB

Dance as if no one were watching,
Sing as if no one were listening,
And live every day as if it were your last.

SAFETY TIPS FOR FALL AND WINTER

- Check your smoke detector batteries.
- Have your chimney and furnace cleaned.
- Leave an outside light on at night.
- When you go out at night, leave a light on inside your home.
- Leave a radio on low when you go out.
- If you're going away for the holidays, let someone know when you leave and when you will return.
- Have your mail and newspaper stopped and have a good time.

HOLIDAY GIFT SUGGESTIONS

Here are a few Christmas gift ideas for the early bird shopper:

1. A poem or letter describing how much that person means to you.
2. Offer to do some mending
3. Hand-printed dinner invitation.
4. Donation to a charity or cause in their name.
5. Gift certificate to a favorite restaurant (Include a date)
6. Pre-addressed and stamped envelopes with note cards and pen, or just a roll of stamps.
7. Bird feeder to hang on window and an offer to refill it on a regular basis.
8. Warm socks.
9. Slippers with non-skid soles.
10. Sweaters that can be laundered.
11. A 2004 calendar that ties into their interest.
12. Lap quilt.
13. Tupperware containers filled with single serving frozen meals.
14. An offer for a day of house cleaning, including laundry.
15. An invitation for a leisurely day out to enjoy an activity of interest to them.

There are so many ways we can give that need not cost a fortune and may be appreciated even more.

TAX EXEMPTION

Massachusetts 41C Tax Exemption guidelines have been revised. If you are over 70 years of age and would like to know more about this tax exemption benefit, **Dighton Tax Assessor, David Long, will be at Lincoln Village on Monday, November 3, 2003 at 10:00 a.m. to explain the new guidelines.** Join us to find out if you qualify.

VETERANS LUNCHEON

In honor of Veterans Day, the Council on Aging would like to honor our Veterans with a delicious, hot lunch of roasted turkey with gravy, apple stuffing, sweet potatoes, peas and cranberry sauce. Lunch will be served at 11:30 a.m. on Tuesday, November 18, 2003 at Prime Time. There is no charge for lunch but reservations are required. If you would like to join us please call 508-669-6272 to reserve your seat. We'd love to have you!

SILVER SCREEN CLASSICS

Don't miss this month's Silver Screen Classic! On Tuesday, November 4th, at 1:00 p.m. "White Heat" starring James Cagney and Virginia Mayo, will be the feature presentation. The admission cost for this movie favorite is only \$1.00 and includes coffee, snacks, popcorn and soda. These classics are presented at the Showcase Cinemas 1 through 10, Route 114 in Seekonk, MA. Get there early!


NO MATTER YOUR AGE, THERE'S ALWAYS SOMETHING TO LEARN

I've learned, that if someone says something unkind about me, I must live so that no one will believe it. Age 30

I've learned that even when I have pains, I don't have to be one. Age 82

I've learned that I still have a lot to learn. Age 92

November 2003

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3) <i>Exercise @ 9:00</i> <i>Lincoln Village</i> Whist Tax Exemption Info.	4) <i>Silver Screen Classic</i> Walking Club at Town Hall	5) <i>Exercise @ 9:00</i> Pokeno, Cribbage @ 1:00 pm at Lincoln Village	6) Walking Club at Town Hall Line Dancing 10:00	7) Walking Club at Town Hall Tai Chi @ 9:00 Lincoln Village
10) <i>Exercise @ 9:00</i> Walking Club	11) Closed Veteran's Day	12) <i>Exercise @ 9:00</i> Pokeno, cribbage @ 1:00 pm at Lincoln Village	13) Walking Club at Town Hall Line dancing 10:00	14) Walking Club at Town Hall Tai Chi @ 9:00 Lincoln Village
17) <i>Exercise @ 9:00</i> Whist Sojourn Bear Project	18) Wellness Clinic Blood Pressure Massage Therapy <u>Veterans Luncheon</u>	19) <i>Exercise @ 9:00</i> Pokeno, cribbage @ 1:00 pm <u>Flu Clinic 3:00-5:00</u>	20) Walking Club at Town Hall Line Dancing 10:00	21) Podiatrist at Prime Time Tai Chi @ 9:00 Lincoln Village
24) <i>Exercise @ 9:00</i> Walking Club	25) Walking Club at Town Hall	26) <i>Exercise @ 9:00</i> Pokeno, cribbage 1:00 p.m. at Lincoln Village	27)  Closed Happy Thanksgiving	28) Closed

NOTE: If Dighton schools are cancelled due to bad weather, programs will not be held at the Council on Aging and the Prime Time Adult Day Program. We feel that if the weather is not good for children to be out, it certainly is not good for the elderly. Listen for announcements on your local radio and television stations. If you have any questions call 508-823-0095.

Many Services are available through your local Council on Aging Office. Below are just a few programs available: Mass Health Buy-In Program; Food Stamps; Project Bread's Food Source Hotline; Prescription Advantage Insurance Program; Nutrition Program; Vial of Life Program; RUOK Program; SHINE Program; Legal Assistance; Meals on Wheels; Health Checks and much more. If you have any questions at all concerning elder affairs please do not hesitate to call. We are here to help! Do you have any ideas that might improve what we are already doing or what we could be doing? Please call 823-0095 and let us know.

Mission Statement: It shall be the mission of the Dighton Council on Aging to promote, evaluate, and encourage new and existing activities and services which will enhance the quality of life of elders living in the Town of Dighton.

Dighton Council on Aging
300 Lincoln Avenue
North Dighton, MA 02764

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